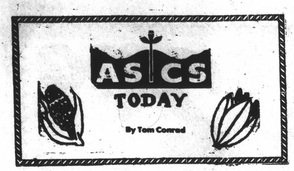

COMMITTEE ELECTIONS - The County Committee met at the ASCS office last Thursday to tabulate the ballots for the 1980 community committee elections. The results of the tabulation are as follows: Stonewall Community - Chairman - J. P. Alvis, Jr.; Vice-chairman - R. T. Megginson; Regular Member - J. A. Martin; First alternate - Lyle Moore; second alternate - Calvin Harris. Cloverhill community - Chairman - W. D. Hix, III; Vice-Chairman - E. M. Covington; Regular Member - J. H. Rosser; First alternate - Arthur Morris; Second alternate - James W. Hunter. Southside community - Chairman - E. Carter Martin; Vice-chairman - E. W. Mullins; Regular Member -H. B. Jones; First Alternate - H. W. Mann; Second alternate - Steve Elder.

The gentlemen elected will help administer ASCS programs during the 1980 calendar year. They will be called upon at various times to meet with the County Committee to make decisions to best benefit farmers through various programs that are administered.

I would like to congratulate the above gentlemen and I would also like to thank all those that voted in this year's election.

PRACTICES AND COST-SHARE RATES		
SL-1	Permanent Vegetative Cover Establishment	60%
SL-2	Permanent Vegetative Cover Improvement	50%
SL-3	Stripcropping Systems	75%
SL-4	Terrace Systems	60%
SL-5	Diversions	60%
SL-6	Grazing Land Protections	50%
SL-11	Perm. Vegetative Cover on Critical Areas	60%
WP-3	Sod Waterway	75%
WP-4	Animal Waste Control Facilities	50%
FR-1	Forest Tree Plantation	50%
FR-2	Forest Tree Stand Improvement	50%

If you are interested in requesting cost-share assistance I urge you to sign up between now and the 31st. It is important to remember that you must sign up before you start the practice, and the practice must be approved before it is started in order to be eligible for cost-shares. For those farmers that are interested in seeding and/or liming and fertilizing you should bring a soil sample to the office at the time of sign-up, or soil sample results that are not over two years old.

Land Changes - I would like to remind farmers in the county that if you make any changes in your farming operations such as purchasing, selling, or renting land, to please report these changes to us so that ASCS records can be kept up to date. By keeping our records up to date we are able to administer our progrms more effectively.

The newly elected committeemen (Chairman, Vice-chairman, Regular Member) will meet in the ASCS office on December 13, at 2:00 p.m. for the County Convention. They will serve as delegates to the Convention to elect one person to serve on the County Committee.

Results of the convention will be publicized, however in the meantime if you wish to attend, the convention is open to the public.

Agricultural Conservation Program Sign-Up - The ASCS office is currently holding a sign-up for cost assistance under the ACP. The sign-up began on November 13th and will continue through December 31st. Requests for cost-share will be for work that will be started during 1980.

The purpose of the program is to cost-share with public funds the performance of enduring soil and water conservation measures on farmland the farmer would not perform without cost-sharing, thus assuring that the public tax dollar is buying needed conservation beyond that which the farmer would accomplish without cost-share assistance. The cost share rates for practices under the program range from 50% to 75% according to the conservation priority of the practice.

Jeff Agee & Cheryl Simpson Celebrate Birthdays

Jeff Agee and Cheryl Simpson celebrated their 10th birthdays on December 5, 1979 with a party at A. J. Skateworld. Joining them for the celebration were, front row, l to r, Amy Kerr, Danny Williams, Ann Leigh Kerr, Terry Ferguson and Lissa Martin; standing, l to r, Mary Beth Drinkard, "Cheryl", Sidney Abernathy, and "Jeff"; and on back row, l to r, Brent Stewart, Amy Covington, Jeff Williams, and Scotty Dawson. Attending but not in photo was Zane Torrence.

Miss Jamerson's 4-H Club

Miss Jamerson's 4-H Club met on Friday, December 7. Shawn led us in the Pledge to the American Flag and Lisa led us in the 4-H Pledge. Our recreation leaders led us in a Christmas song. Mrs. Chilton gave us a checklist for 4-H Energy Conservation and forms for pine seedlings. She also talked about Public Speaking.

Our secretary read the minutes from the last meeting. Mrs. Walton then showed us some things to make for Christmas.

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My Opinion Of The Ideal Family Situation
By: Michael McCoy

My opinion of the ideal family situation is simple. The ideal family is found when each member of the family loves and respects every other member.

I may be a little prejudiced toward my own family, but mine is the most beloved and dearest asset in my life.

When I think of an ideal family situation, I think of my own. Each member of my family, which includes my brother, mother, father, and myself, loves each other and puts each other before everything else.

We do activities together which include playing games and sports, watching T.V. and discussing educational subjects. But what is most important in our lives is our religion. We all go to church services and activities together, and my family has even started its own singing group.

All of these activities we enjoy doing, but most important we enjoy doing them together. All families considered by me as ideal do their family activities with togetherness.

There are times when the family members become upset or have a problem which they cannot face or handle alone. When I think of an ideal family, each member helps the other family members in any way he or she can. With the help of the other members, they can find a solution easily and know that each person is beside them and behind their every move all the way.

In closing, the members of the ideal family love each other no matter what happens or what one of the family members may have done. They will forgive each other and stick beside each other no matter what they have been accused of.

Now, I would like to end my essay with a statement that will sum up my opinion of the ideal family situation: "A family that lives, plays, loves, and prays together, will always stay and stick through thick and thin, Together.

The Ideal Family
By: Susan Shorter

The man runs downstairs yelling, "I just know I'm going to be late. Honey, where are my gray socks?"

The woman grabs her Coast soap bar and heads slowly for the shower. She steps out of the bath no more refreshed than before. "Your socks should be in the dryer, dear," she replies, only after suppressing a yawn.

"I already looked there when I got my shirt. They must have been eaten by Harry again," Harry barks happily at the mention of his name, but settles back down after no attention is given him.

"Mom, Michael threw my toothbrush down the toilet."

"Honey, where are my socks."

She passes the bathroom only to find three children waiting in line. "Mom, Candace has been in there for 100 hours. Do something!" She replies, "I've told you a million times not to exaggerate."

She reaches the kitchen after tripping over a skateboard, three boxing gloves and Barney and follows the trail of three-day-old cookie crumbs to the refrigerator. She opens it and scans its contents, which consists of four eggs, two and a half slabs of bacon, and some molded cheese. In the cabinets, there's some powdered milk, Tang, and bread. Wouldn't she know it: Today is grocery day!

She starts a facsimile of breakfast and waits for her family. The eldest son arrives and grabs a piece of toast, gulping it down with some orange juice. Wasn't it only yesterday that she changed his diapers and watched his first step? Was it really sixteen years ago? She suddenly notices his faded blue jeans and ELO T-shirt. "Mark, where are you going dressed like that?" He innocently replies, "Aw Mom, I wanna be comfortable for school, don't I?" He grabs his books and drives off in the TR7 his dad bought him. It seems like only yesterday he was driving a trike.

Her train of thoughts is broken by twelve-year-old Chrissy, the tomboy. The woman remembers the frilly dresses, ringlets and soft curls, and black patent leathers. They're now replaced by jeans, cords, and sweaters, pigtails and braids, and Nike All-Courts.

Chrissy sits down and gobbles down an egg and three pieces of toast, grabs her books and walks to school.

The twins, aged seven, run down the stairs, leaving dirty handprints along the wall. Brent is wearing mix-matched socks, blue and red plaid pants with a green and orange shirt, and two left shoes. She sends him back upstairs to change.

Meanwhile, Michael is playing Picasso by using jelly as paint and his shirt, the table and the cupboards as the canvas. He, also, is sent upstairs and brushes past Candace, leaving a trail of grape footprints on the carpet.

"I swear, Mom," Candace cries, "If Mark could just wait seven seconds, I could ride with him to school, but no, he'd rather take skinny old Tami, and I'm not! I'll get..." But sentence trails off as she slams the door behind her.

"Honey, I'll just have to wear my tennis socks, and I have an important client to meet with today." Michael and Brent rush past and grab a box of Cap'n Crunch "to eat on the way." She sighs as she discovers that they're wearing the same clothes as before.

Her husband sits at his plate and eyes the cold eggs and burned bacon. He wipes a smudge of jelly from his face and says, "Smells good, dear."

In between mouthfuls, he praises her on the many ways of getting everyone on their merry way from the navy, a tall man with deep, blue eyes.... "These eggs are delicious."... The engagement ring, the wedding, the firstborn; A son,... "I'll be at The Chateau for dinner,...Candace, Chrissy, the twins, and the baby..." "Well, I'm on my way."

Her visions of diamonds, weddings, diapers and bottles disappear as her husband bends down and kisses her good-bye. She watches the tall figure leave, and a grin of amusement veils her face. Clinging to the back of his shirt are two gray socks. Harry barks and the baby starts crying. She hurries upstairs.

Such is life in the typical day of the ideal family, in which everyone is needed and communication is essential. Love is the foundation of the family, just as words are the foundation of a sentence. And, true, words can't really display the ideal family situation, only actions and demonstrations can.

Ronnie W. Hodnett Completes Marine Recruit Training

Private First Class Ronnie W. Hodnett recently completed eleven weeks of recruit training at the United States Marine Corps Recruit Depot, Parris Island, South Carolina.

Pfc. Hodnett earned his promotion to Private First Class by recruiting two other young men into the Marine Corps.

After eight days of leave he will report to Camp Lejeune in North Carolina. There he will receive technical training in radio communications, after which he will return to serve with the Lynchburg Marine Corps Reserve.

Pfc. Hodnett is the son of Mr. and Mrs. Dan F. Hodnett of Spout Springs.

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Good News For Homemakers

Shirley W. Walton
Extension Agent

Turkey Time for Christmas

More people are eating and enjoying turkey today than ever before. Turkey is one of our favorite meats at this time of year. Per capita use of turkey meat has increased from 7.4 lbs. per person in 1965 to 9.4 lbs. in 1978, which was an increase of 27%.

Modern production and processing methods have made turkey a low cost, everyday meat. Turkey can be stretched and used in salads, casseroles, cream dishes, soups and sandwiches. A homemaker can truly get many miles out of a turkey breast or a whole turkey.

Turkey is very nutritious. Turkey meat supplies large amounts of many of the essential nutrients recommended for the daily diet. Turkey meat is an excellent source of high quality protein, as well as iron, phosphorus, calcium and a number of important B complex vitamins. A cooked 1-½ to 3 times as much riboflavin and niacin as most other cooked meats.

Turkey is especially valuable for the amount of high quality protein it provides at relatively low calorie levels. For example, a dinner size serving of 3.5 ounces of cooked turkey supplies half of the daily protein requirement for an adult male, while containing only 212 calories. Turkey meat is especially good for people who are trying to watch their calories and still maintain a high nutritional level in their diet.

This week I wish to share with you some information about roasting the Christmas turkey. This information can be applied to all types of poultry and be used any time during the year.

Many times when roasting poultry, the homemaker likes to add her favorite stuffing. There are certain precautions that one must take in order to safely prepare poultry and stuffing for the family.

Stuffing may be prepared ahead, but it should not be put into the bird until just before putting the turkey in the oven.

Packaged, dry stuffing mixes make a useful base. Add an individual touch with cooked sausage, meat, chopped chestnuts, walnuts or other nuts. Some people use the cooked giblets of the bird, chopped raw oysters or soaked and chopped dried fruit. Other people like to add cornbread into their dressing, which makes a delightful southern dish.

When spooning stuffing into the bird or hen, be sure to allow for expansion. Fill in the neck cavity, as well as the body cavity. Sew or skewer the skin firmly into place over the openings.

If your family likes stuffing so much that the bird won't hold enough, bake an extra pan of it. Moisten with gravy or condensed soup and cover and place in the oven during the last 45 minutes of the roasting time.

A one-pound loaf of bread makes eight cups large, soft bread crumbs. Allow one cup of prepared stuffing for each pound of dressed weight of the bird.

Remove leftover stuffing before storing the bird. Refrigerate separately and use promptly. This is a must if you want to protect your family from possible food poisoning.

The following time table will be helpful as you prepare your favorite nutritious poultry product for the holiday season.

Timetable For Roasting Poultry
Oven Temperature Moderately Slow (325°F)
(Note: Since poultry varies greatly in size, conformation and fat, cooking time can only be approximate.)

Poultry	Dressed Weight (in Pounds)	Cooking Time (In hours)
Chicken	Less than 3	1 - 1½
	4 - 5	2 - 2½
Turkey	5 - 6	2 ½ - 3
	7 - 12	3½ - 4½
	13 - 18	4½ - 5½
Duck	4 - 6	2 - 2½
Goose	10 - 12	3½ - 4½

Homemakers, our Christmas booklets entitled "Christmas in Appomattox" are here. We are most excited to let you know that they are available at our office. If you wish a free copy, you call us at 352-8241 or come by to visit our. Or, if you live out of town, you may write us at P.O. Box 488, Appomattox, VA 24522.

If you have a homemaking problem or question, please let us hear from you. Have a good week, homemakers!

Recipe of the Week
Nancy's Pumpkin Bars

4 eggs
1½ cups sugar
1 cup cooking oil
1 16 oz. can pumpkin (or 2 cups fresh or frozen pumpkin)
2 cups all-purpose flour
2 tsps. baking powder
1 tsp. baking soda
1 tsp. salt
2 tsps. ground cinnamon
1 3 oz. pkg. softened cream cheese
½ cup softened margarine
1 tsp. vanilla
2 cups sifted powdered sugar

In mixing bowl, beat eggs, sugar, oil and pumpkin until light and fluffy. Stir together flour, baking powder, baking soda, salt and cinnamon. Add to pumpkin mixture and mix thoroughly. Spread batter in ungreased 15 X 10 X 1" pan. Bake in 350°F. oven for 25 minutes. Cool. Frost with Cream Cheese Icing. Cut into 24 bars or more.

Cream Cheese Icing:
Cream together cream cheese, and margarine. Stir in Vanilla. Add powdered sugar, a little at a time, beating well, til mixture is smooth.

Many thanks go to Nancy Keffer for sharing this delicious recipe with us. The Keffer family now lives in Abingdon, Virginia.

HIS BALLOON WAS RECOVERED - Mike Mann, a student at Appomattox Elementary School, sent up a balloon as a part of a school project on March 15, 1979. He is shown holding a card he received Friday, two weeks ago, from Marvin Breedlove, of Henderson, N.C., saying he had recovered Mike's balloon November 18th at 9 a.m. on the shore of Kerr Lake between Sutterwhite's Point and Merkins Marina hanging from a holly tree. Mike is the son of Mr. and Mrs. Nelson Mann and is the grandson of Mr. and Mrs. Henry Mann and Mr. and Mrs. Elliott Nash, all of Route 1, Appomattox.

Debbie Roach
FBLA Member Of Month

The FBLA Member of the Month is a senior at ACHS. This person has been a member of FBLA for four years and a member of the Parliamentary Law Team since ninth grade. This member attended the 1978 State Conference in Richmond and the 1978 State Leadership Conference at Massanetta Springs. The member presented an overview of the 1979-80 program of work to the Appomattox County School Board on November 7. The FBLA Member of the Month is Debbie Roach, president of our FBLA Chapter. Debbie is the daughter of Mr. and Mrs. John Aulden Roach of Rt. 1, Pamplin, Va.

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Oakville Ruritans Install Officers

The Oakville Ruritan Club installed new officers for 1980 on December 6, 1979. They are (left to right) Eston Harvey, vice president; Carey Carson, third year director; Francis Tyler, president; O. W. Martin, treasurer; and Neal Fisher, secretary.

New Energy Control Center Added To Vepco System

Virginia Electric and Power Company has installed a new, advanced energy control center to help it serve the needs of more than 1.4 million customers it serves throughout 32,000 square miles in Virginia, North Carolina and West Virginia.

Vepco's new System Operation Center (SOC) monitors and controls all of the company's power stations, transmission lines, substations and interconnections with other utilities. From the SOC, system operators use a complex network of computer and communication equipment to monitor and control Vepco's entire power supply system around-the-clock in order to provide electric energy reliably and economically.

The computer equipment in the System Operation Center is programmed to aid the operators in providing electricity at the lowest possible cost to Vepco's customers. As customer demand for power increases or decreases, the computer automatically signals Vepco's power stations to adjust their generating levels accordingly.

Gary R. Keesecker, manager of power supply, said, "Except under emergency conditions, these adjustments are made on the basis of economy: as customer demand goes up, the least expensive generation available is added; as customer demand goes down, the most expensive generation being used is reduced. This computer analysis ensures that the most economical generation available is being used to meet customers demand 24 hours a day."

The SOC also is designed to maintain the reliability of Vepco's electric service. Every few seconds, the entire transmission system and each generating station's output are monitored to ensure that no problems interfere with the supply of electricity, Keesecker said.

The SOC controls only Vepco's bulk power supply system, which moves large amounts of electricity on high voltage lines from power stations to load centers throughout the company's service area. Distribution lines of lower voltage carry electricity to individual homes and businesses and are monitored through local Vepco district offices.

Located in a high-security area in the basement of the company's headquarters building in Richmond, the SOC is secure from both terrorist action and elements of nature, according to Keesecker. Vepco's former energy control center was located in the flood plain of the James River in Richmond and was inundated by the floodwaters of Hurricane Agnes in 1972. In the event of a power failure to the new center, an emergency battery system and backup generators would provide electricity immediately so that control would be uninterrupted.

The Vepco system is interconnected with four neighboring utilities at 15 points. These interconnections enable utilities to exchange power in emergencies and to purchase power from one another when it is economical for their customers. Electric power on the Vepco system is produced by coal, oil, nuclear and hydro generating stations and is supplied to customers through a network of almost 50,000 miles of electric lines.

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Jordan News

Church business meeting will be held Tuesday, December 18, at 8 p.m. All members are urged to attend.

The annual Christmas program will be held on Sunday, Dec. 23, at 7 p.m. A very special program has been planned for you.

Remember our pastor's wife, Mrs. Ida Elliott, in your prayers, along with all the other sick and shut-in.

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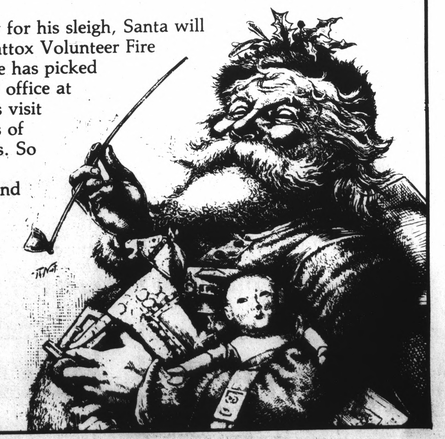
Santa Claus is coming to town!
Wednesday, December 19 from 5 to 7 p.m.
Since there's no snow for his sleigh, Santa will arrive on an Appomattox Volunteer Fire Department truck. He has picked the American Federal office at Triangle Plaza for his visit and he's bringing lots of treats for all you kids. So tell your parents to bring their cameras and get a picture of you with Santa Claus.

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